

Strava FAQ

Mobile App Guide

For CWEP 2022 Virtual 5k



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Please email cwep@tjicog.org if you have any questions, comments, clarifications, or concerns!

How to make a Strava account

- Download the Strava app or go to strava.com
- Follow the prompts – sign up with email, Facebook, Google, etc.
- Create a password
- Verify your email

How to join the club

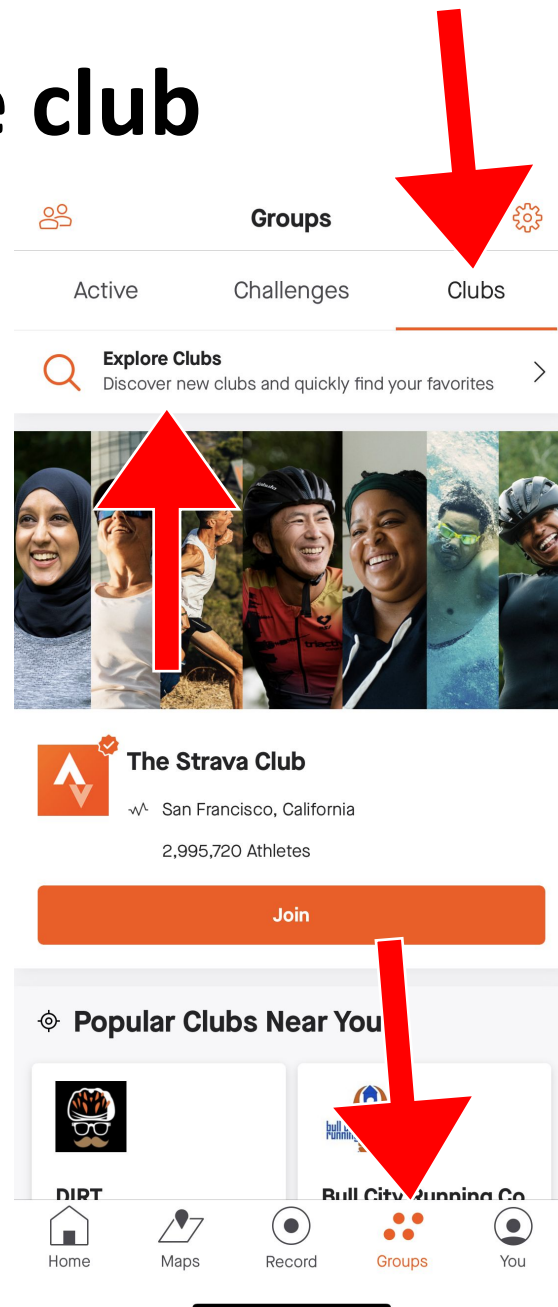
Please complete the quick
[Google Registration Form](#) if
you haven't already!

How to join the club

Go to the Groups icon on the bottom right

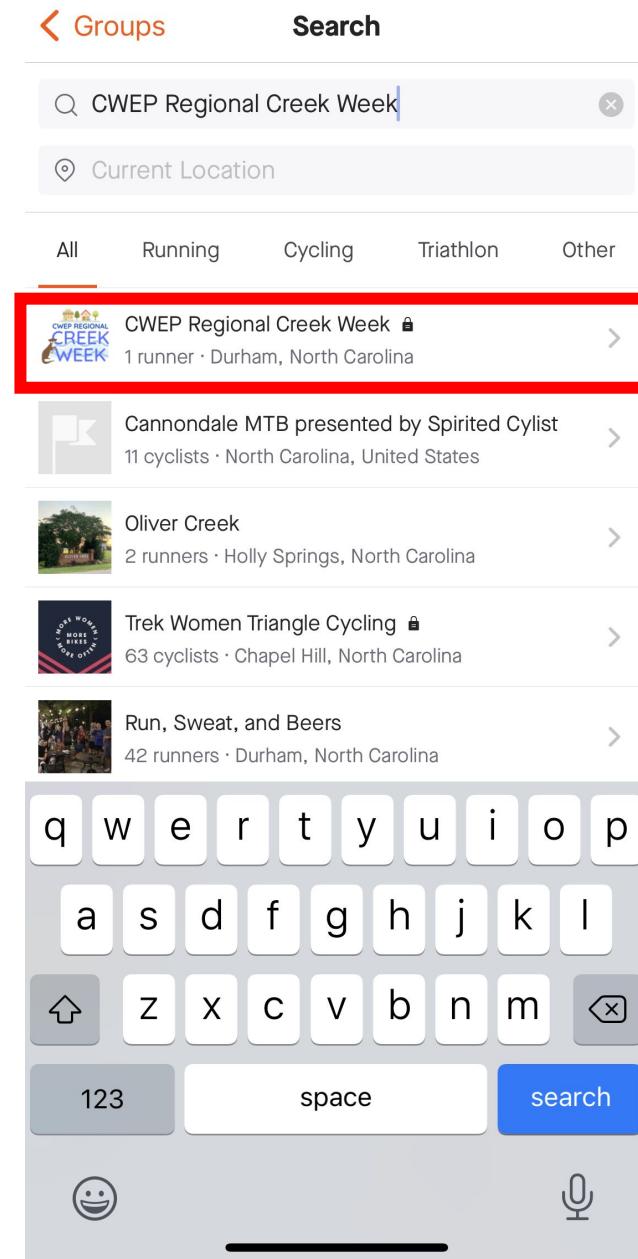
Tap “Clubs” on the top right

Click the Explore Clubs banner



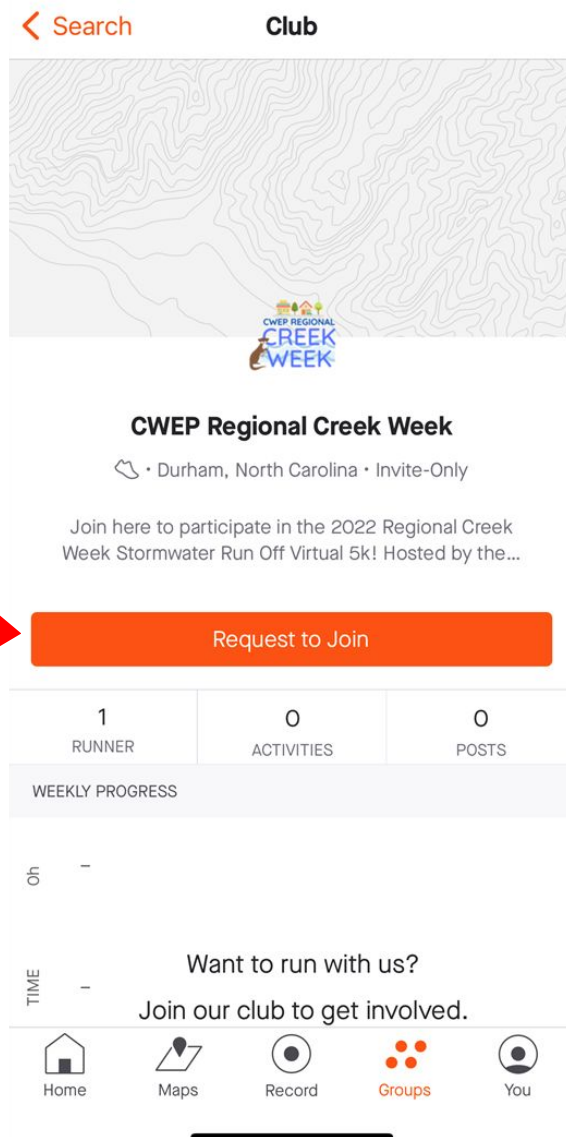
Search “CWEP Regional Creek Week

Select the club

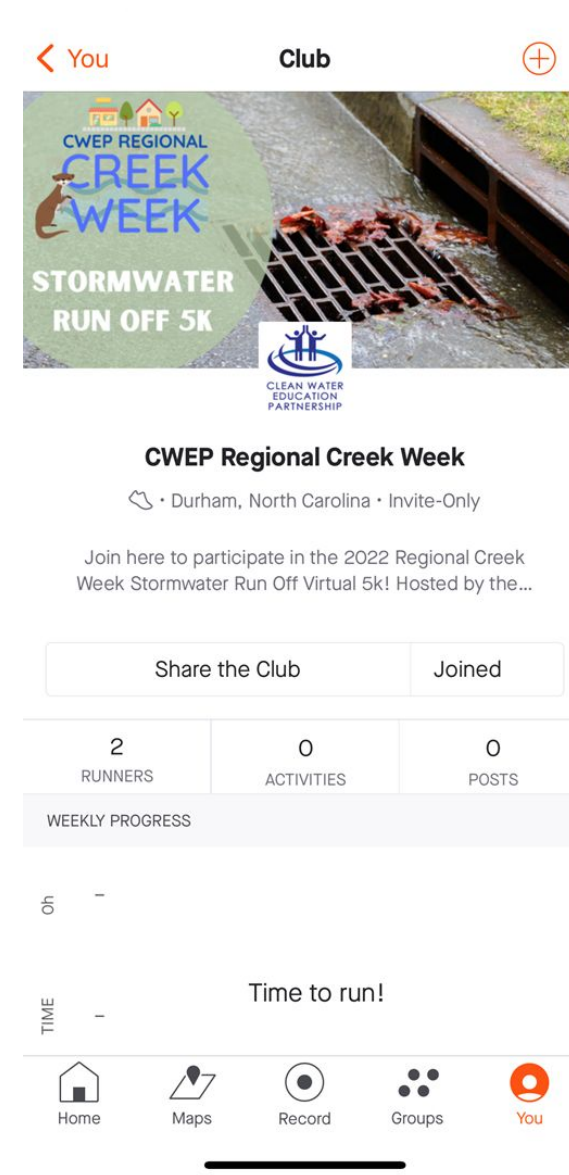


How to join the club

Tap the orange
“Request to
Join” button



You'll be
approved
shortly before
Creek Week
begins, so we
don't clog the
club feed.
Thanks for
your patience!

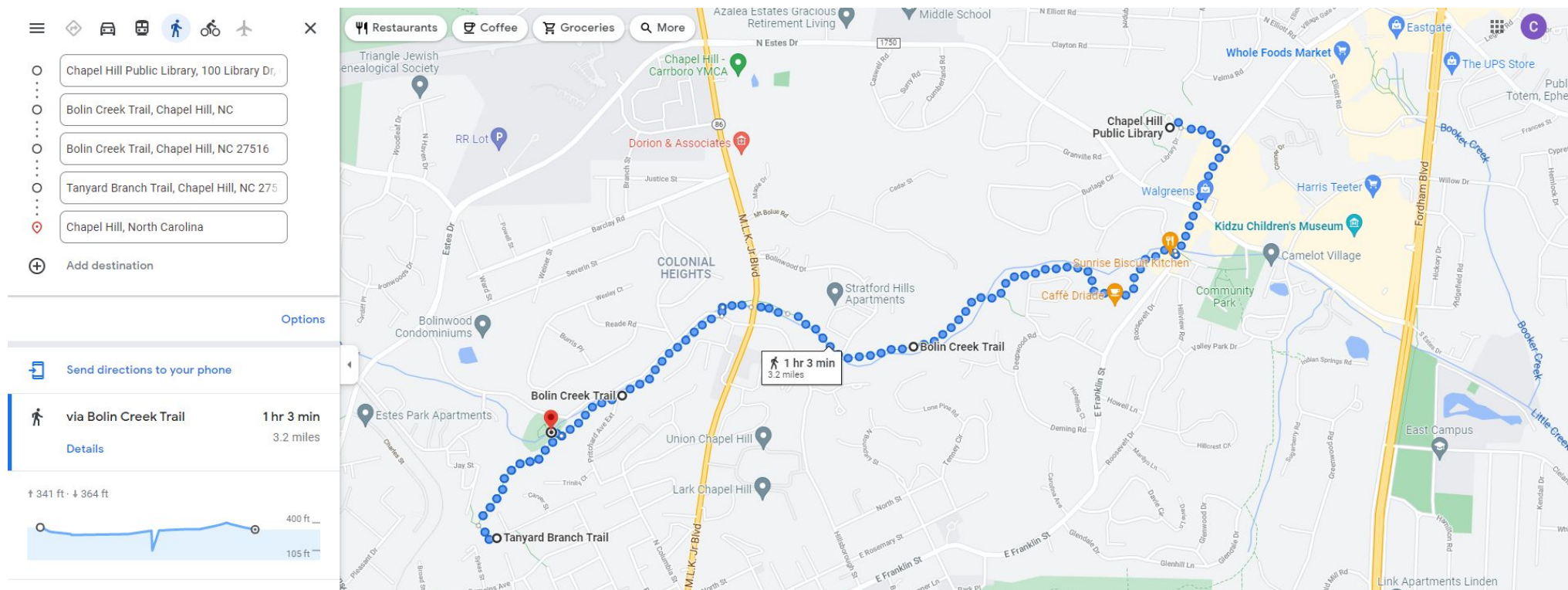


Setting your route

If you would like to map out a route beforehand, you have a few options.

Free Option

Google Maps or other free maps software



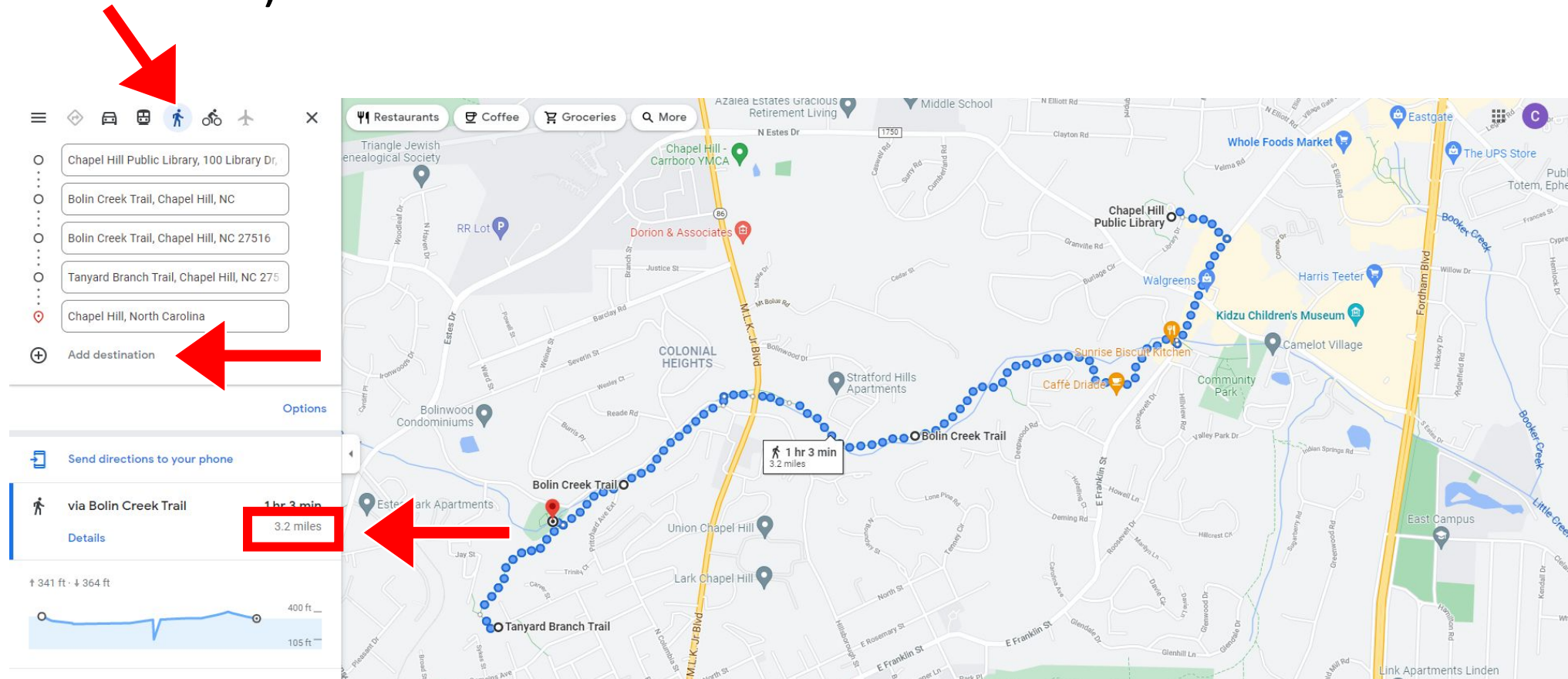
Need inspiration for where to run your 5k? Check out our [map](#)!

Setting your route

Select walking directions
(pedestrian icon)

Choose a starting point (e.g.
Chapel Hill Public Library)

Click “add destination” and
click the map to add a stop.



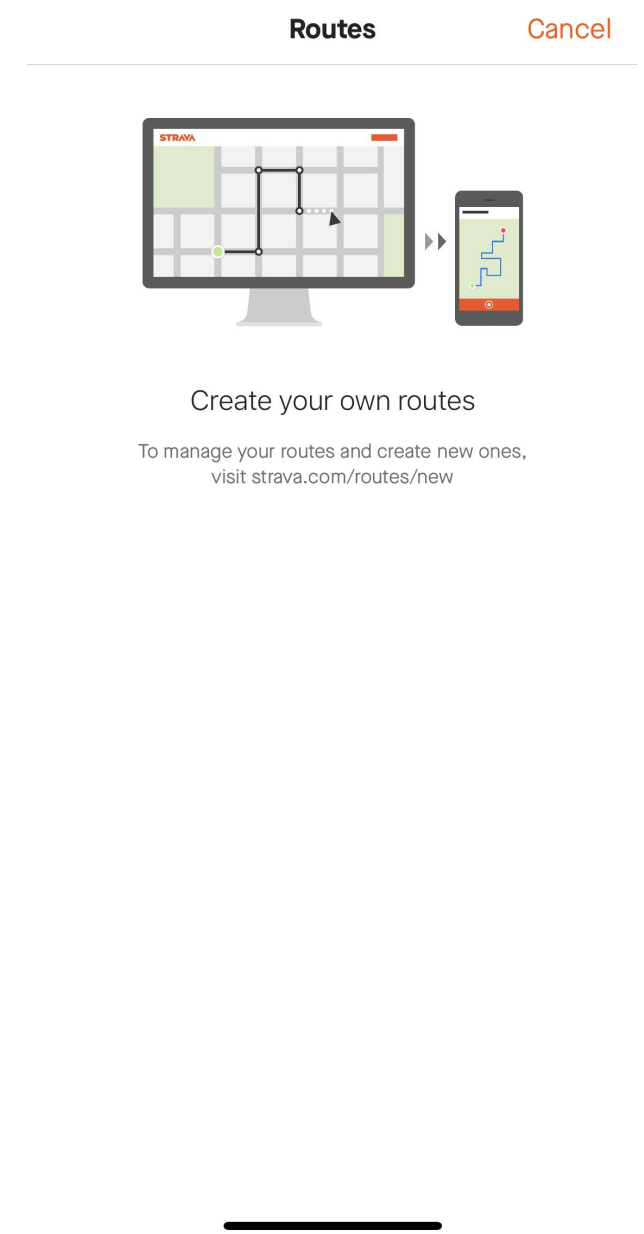
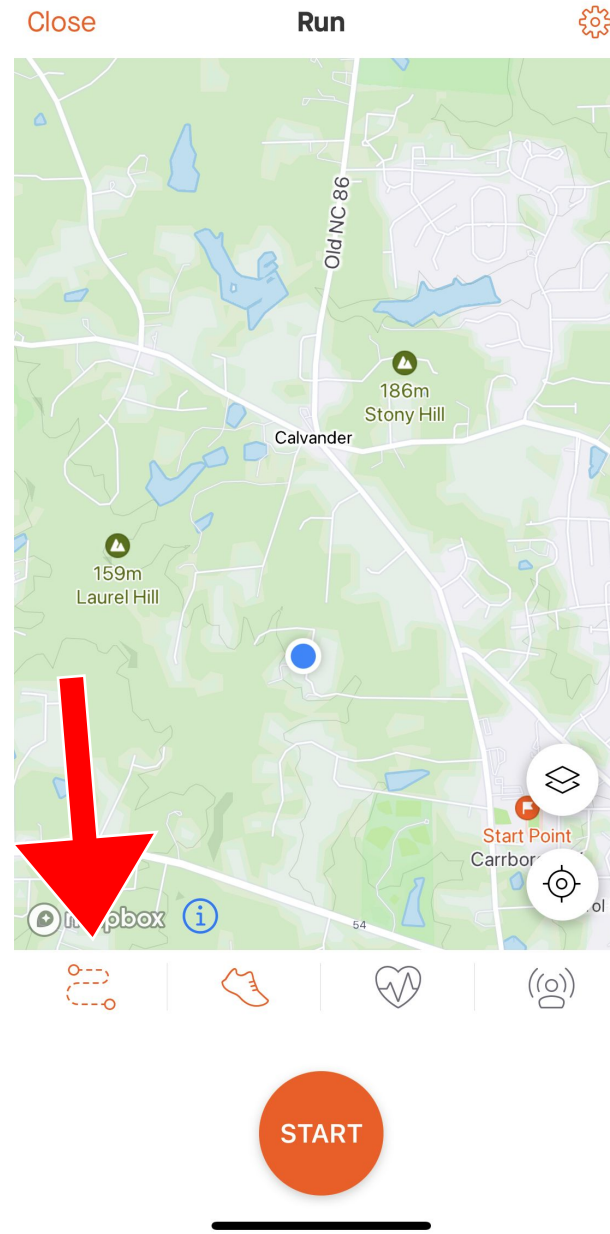
Play around until you have a route you're happy with that = 3.2 miles

Setting your route

STRAVA SUBSCRIPTION ONLY

Click on the squiggle icon on the bottom left. Login to Strava on a browser to create a new route.

You must have a subscription to create a route on Strava. This is not required to complete the 5k

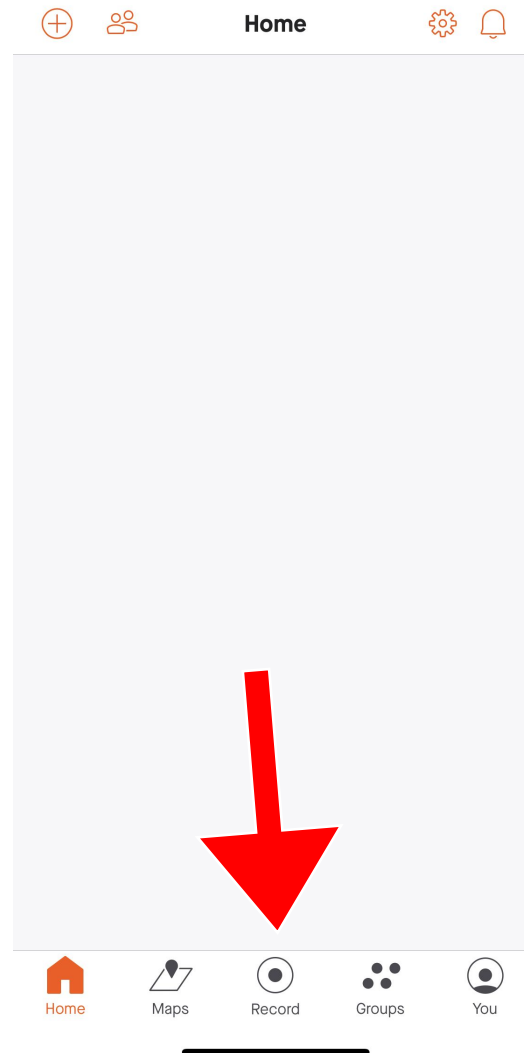


How to record in Strava

Open Strava

You will likely start in the Home tab at the bottom left

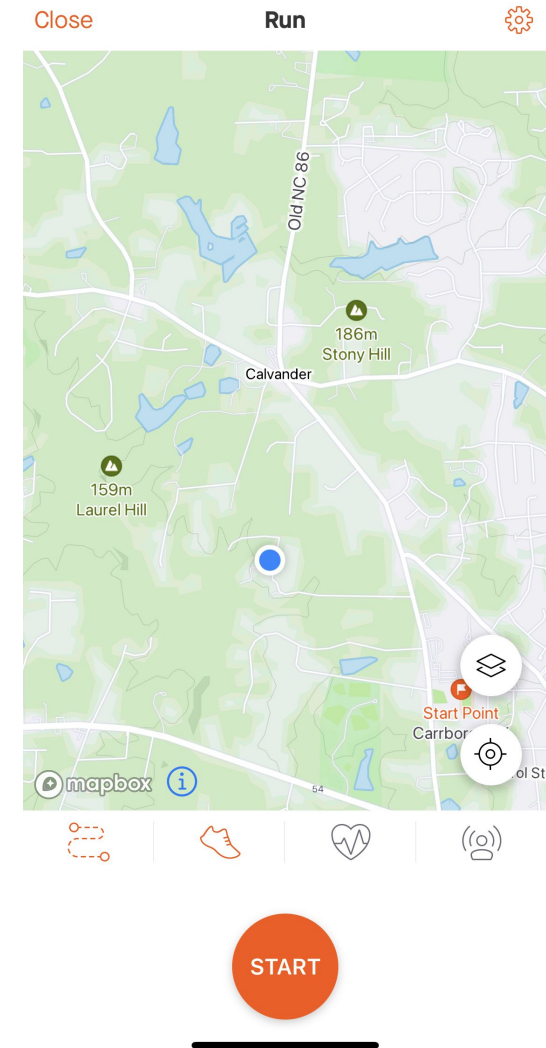
Click the Record icon in the bottom middle



You may be prompted to allow app access to your location.

If you're not comfortable with this, proceed to "How to manually enter activity" (pg. 14)

You should see your location on a map

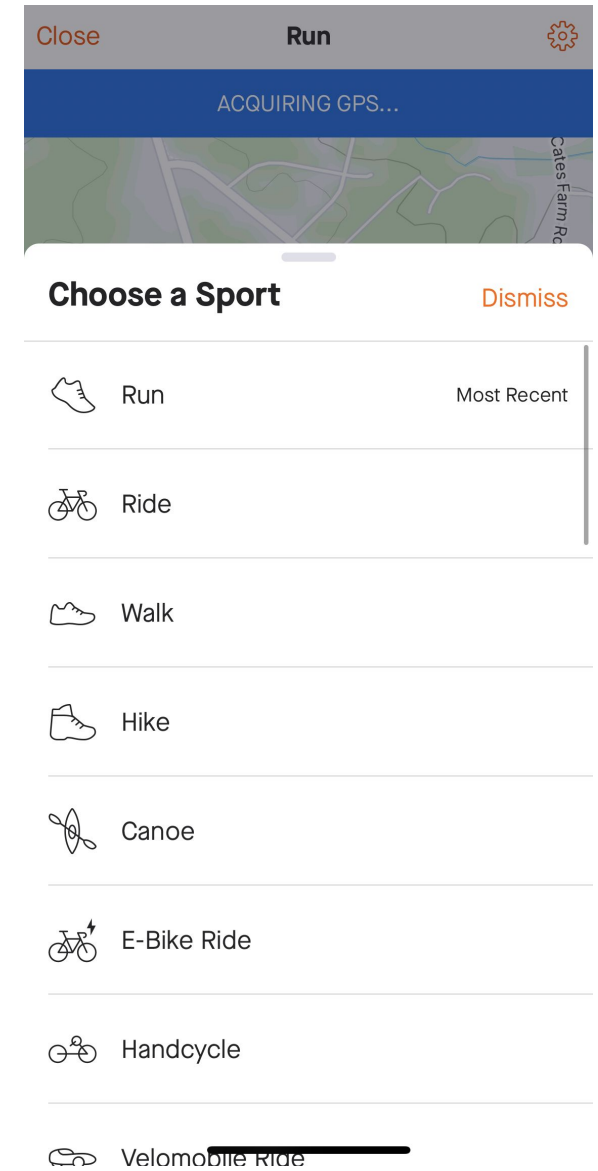
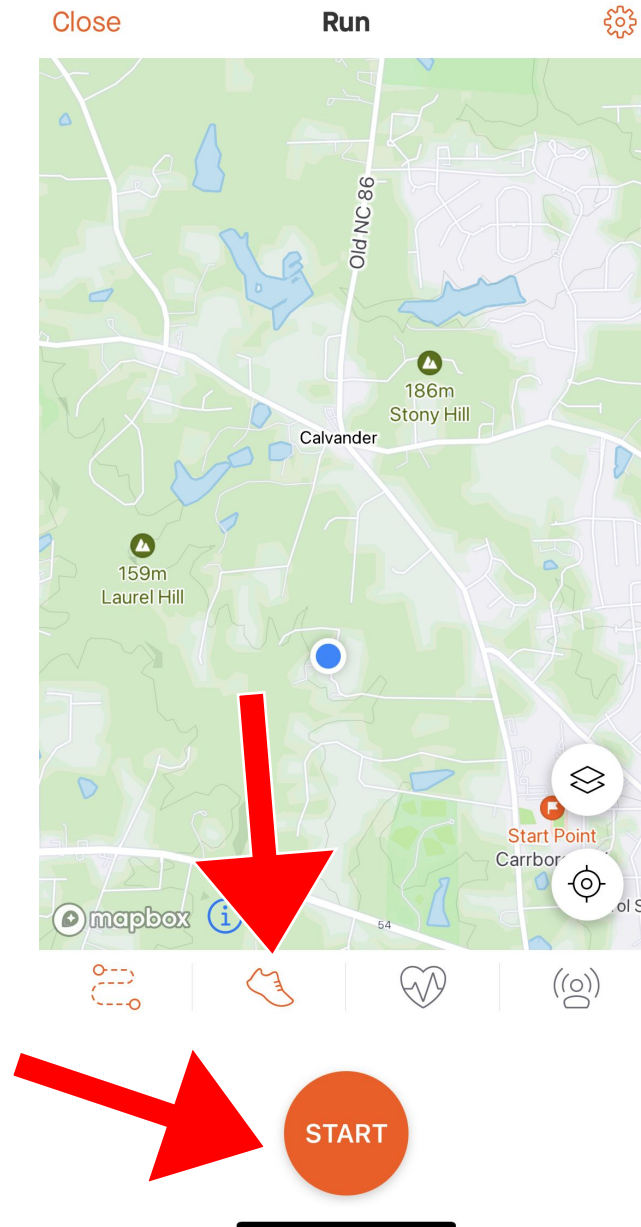


How to record in Strava

Click the icon on the middle left (foot)

Select your activity type –
run, walk, hike, etc.

Hit Start



How to record in Strava

You'll see a time screen

TIME
00:00:03

Run/Walk your 5k

Make sure to take pictures of any litter you collect along the way, or any photos you'd like to share!

AVG SPEED
0.00

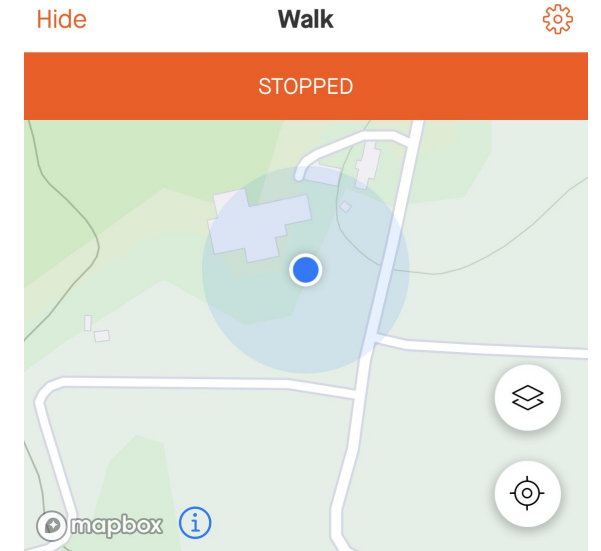
MPH
DISTANCE
0.00
MILES



When you're done, hit the stop button.

You can pause and resume an activity if needed!

Click finish



TIME
00:00:04

AVG SPEED (MPH)

0.00

DISTANCE (MI)

0.00



RESUME

FINISH

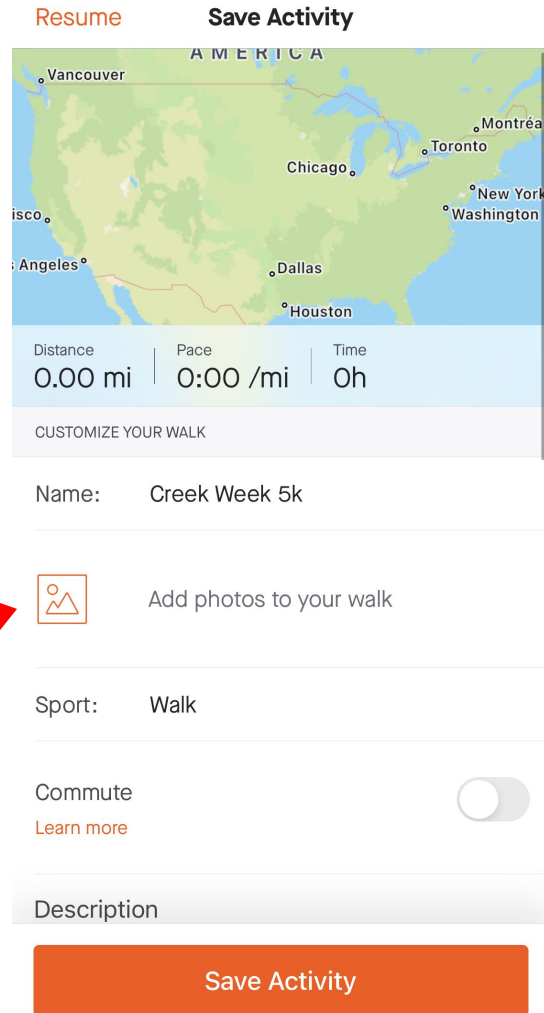


How to record in Strava

Fill in the fields

If you have photos, you can add them at this step

If you're picking up litter, add those photos here!



The screenshot shows the 'Save Activity' screen in Strava. At the top, there are two tabs: 'Resume' (in orange) and 'Save Activity' (in black). Below the tabs is a map of North America with several cities labeled: Vancouver, Chicago, Toronto, Montréal, New York, Washington, Dallas, Houston, and Los Angeles. Under the map, there are three fields: 'Distance' (0.00 mi), 'Pace' (0:00 /mi), and 'Time' (Oh). Below these is a section titled 'CUSTOMIZE YOUR WALK'. Under this section, there are three fields: 'Name:' (Creek Week 5k), 'Sport:' (Walk), and 'Commute' (a toggle switch that is currently off). Below the 'Commute' toggle is a link that says 'Learn more'. At the bottom of the screen is a large orange button that says 'Save Activity'.

Finish filling out the form

Make sure to leave visibility on Everyone!

Save your activity – nicely done!

Resume

Save Activity

CUSTOMIZE YOUR WALK

PERCEIVED EXERTION

How did that activity feel?

Easy Moderate Max Effort

Hide Details

What is Perceived Exertion?

Perceived Exertion is how hard your workout felt. Choose the level that describes how intense the activity felt overall. Add Perceived Exertion to all your activities to track how your body is responding to your training.

PRIVACY CONTROLS

Who can see: Everyone

Discard Activity

Save Activity

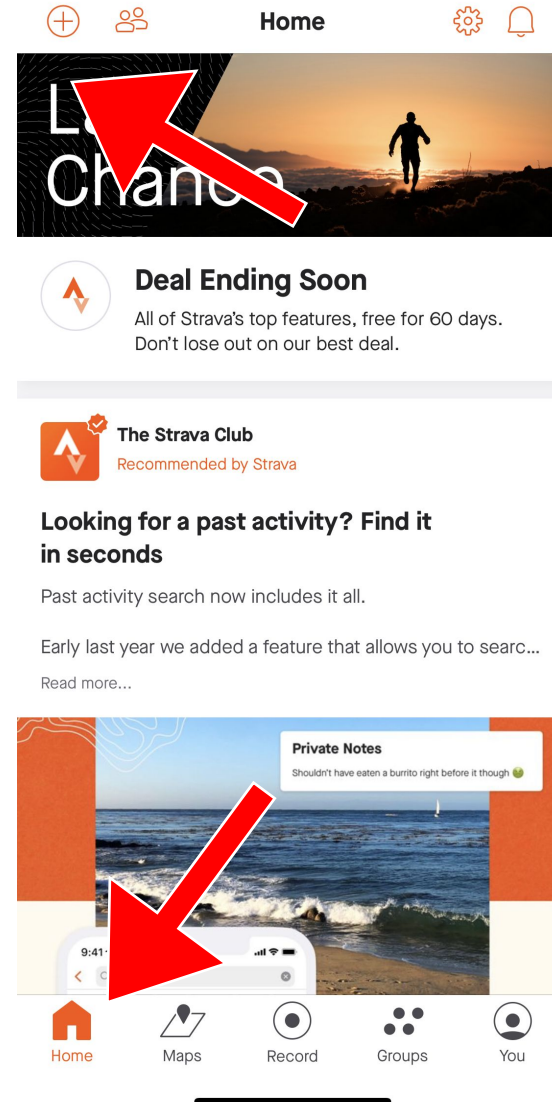
How to manually enter activity

Run your 5k and **time yourself** with a phone or watch (ideally take a picture or screenshot of your time)

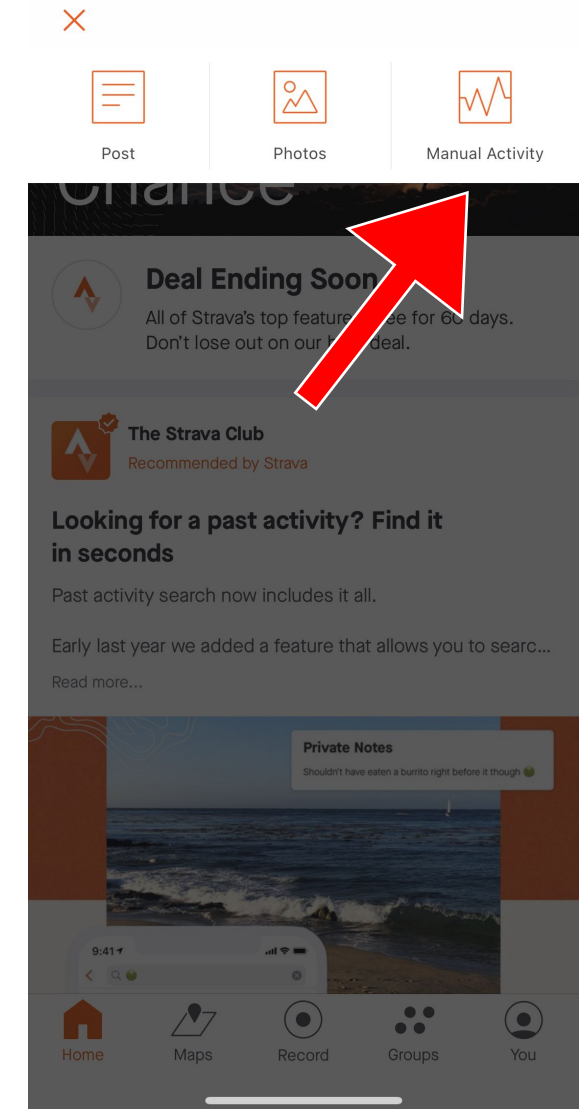
Open Strava

Go to the home tab at the bottom left

Click the + button at the top left



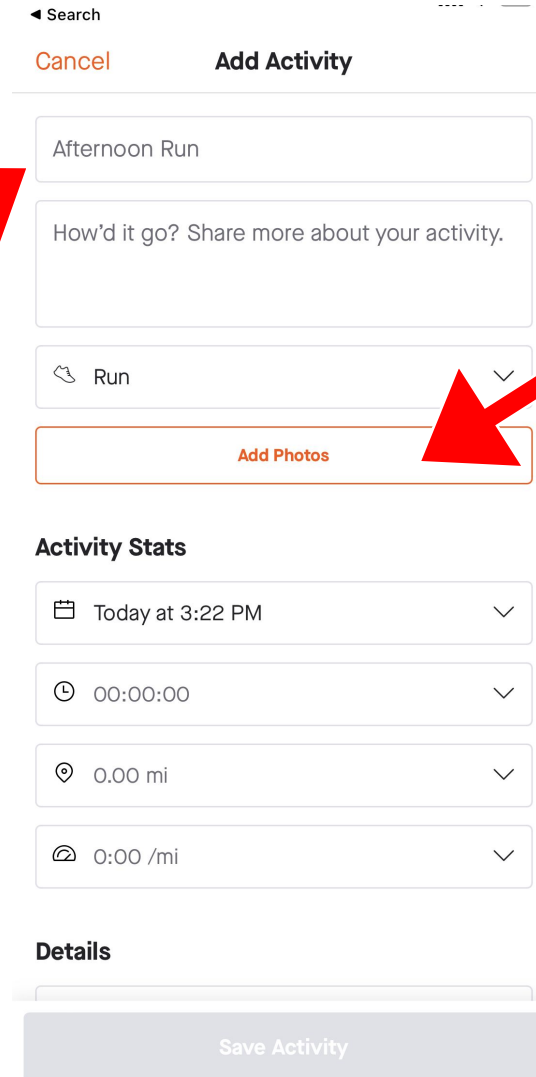
Click on the right side option – manual activity



How to manually enter activity

Fill out fields

- “Creek Week 5k”
- “Stormwater Runoff 5k”
- Whatever you’d like



◀ Search

Cancel Add Activity

Afternoon Run

How'd it go? Share more about your activity.

Run

Add Photos

Activity Stats

Today at 3:22 PM

00:00:00

0.00 mi

0:00 /mi

Details

Save Activity

If you have photos, you can add them at this step

If you're picking up litter, add those photos here!



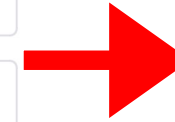
How to manually enter activity

Fill out fields

- Add your time
- Add your distance
- Your pace will populate automatically

Activity Stats

📅	Today at 3:22 PM	▼
🕒	00:00:00	▼
📍	0.00 mi	▼
🏃	0:00 /mi	▼



Activity Stats

📅	Today at 3:04 PM	▼
🕒	00:35:00	▼
📍	3.20 mi	▼
🏃	10:56 /mi	▼

Distance		
1	0.0	
2	0.1	
3	0.2	mi
4	0.3	km
5	0.4	

Cancel OK

or

Distance		
3		
4		mi
5	0.0	km
6	0.1	
7	0.2	

Cancel OK



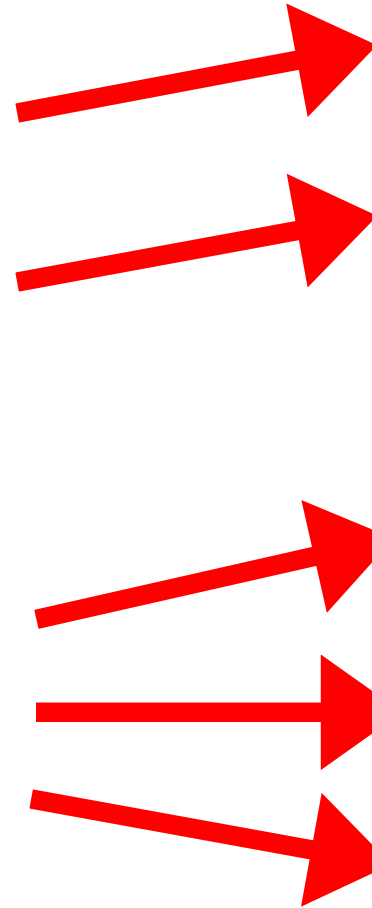
Time		
	33	
	34	
0 h	35 min	0 s
1	36	1
2	37	2

Cancel OK

How to manually enter activity

Fill out fields

- Select race in “type”
- You can choose to record how the run felt for you & add private notes
- **Important!**
 - Set visibility to everyone
 - Do not hide stats
 - Do not mute activity



If you change these settings, we cannot see your submission and you will not be eligible for a prize. If you are not comfortable publishing your results, please email cwep@tjcog.org

[Cancel](#)[Add Activity](#)

Details

Race

Hard

Jot down private notes here. Only you can see these.

Visibility

Who can view

Everyone

Hide stats

Choose

Mute Activity ⓘ

Don't publish to Home or Club feeds ☐

This activity will still be visible on your profile

[Save Activity](#)